



CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 5 KM

B4SPORT

Organizator: PFNW
Data: 2016-06-19
Miejsce: Czaplnek
Dystans: 5 km



Klasyfikacja: M45-49

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--------------------------|-----------|------|----------------|-----------------|----------------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 1 | DOŁĘGOWSKI Marek | 786 | BKS MANIAK WOLIN | M45-49 | 1 | | | 00:05:42 | 00:15:44 | 00:32:23.65 | 00:38:06.50 | | 6:28 | 9.3 (100%) |
| 2 | RAJEWSKI Sebastian | 732 | JEZIORKI - AKTYWNA WIEŚ | M45-49 | 2 | | | 00:06:15 | 00:16:08 | 00:32:56.90 | 00:39:12.40 | +00:00:33 (1.7%) | 6:35 | 9.1 (97.8%) |
| 3 | FRĄCKOWIAK Roman | 632 | ZS ROSKO | M45-49 | 3 | | | 00:06:15 | 00:17:36 | 00:35:46.50 | 00:42:02.30 | +00:03:22 (9.5%) | 7:09 | 8.4 (90.3%) |
| 4 | ROSADZIŃSKI Sławomir | 735 | | M45-49 | 4 | | | 00:06:15 | 00:18:13 | 00:37:10.05 | 00:43:25.50 | +00:04:46 (12.8%) | 7:26 | 8.1 (87.1%) |
| 5 | KABACIŃSKI Maciej | 661 | FACE NORDIC WALKING TEAM | M45-49 | 5 | | | 00:06:16 | 00:20:36 | 00:41:34.05 | 00:47:50.35 | +00:09:10 (22.1%) | 8:18 | 7.2 (77.4%) |
| 6 | MIKITIUK Tomasz | 712 | KIJOWA PARA | M45-49 | 6 | | | 00:06:16 | 00:20:46 | 00:41:34.20 | 00:47:50.50 | +00:09:10 (22.1%) | 8:18 | 7.2 (77.4%) |
| 7 | WRZASK Tomasz | 762 | | M45-49 | 7 | | | 00:06:16 | 00:22:43 | 00:45:15.45 | 00:51:31.85 | +00:12:51 (28.4%) | 9:03 | 6.6 (71.0%) |

Znaleziono 7 wynik(ów)